

CURES 2.0

- By June 2016, all physicians in California who prescribe controlled medication must be enrolled in CURES 2.0
- Registration is **easy**, involves no paperwork, and can be completed in 5 minutes
- <https://cures.doj.ca.gov/registration/confirmEmailPnDRegistration.xhtml>
- CURES makes you a better doctor
- Please use the system **before** prescribing controlled medications
- It's not just for doctor shopping
- You will learn a lot about your patients



STATE OF CALIFORNIA
DEPARTMENT OF JUSTICE

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Drug Testing - CDC

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When prescribing opioids for chronic pain, providers should:

- Use urine drug testing before starting opioid therapy
- Consider **urine drug testing** at least annually to assess for prescribed medications as well as other controlled prescription drugs and illicit drugs

Avoid concurrent Benzodiazepine and Opioids



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- Whenever possible, clinicians should avoid prescribing opioid pain medications and **benzodiazepines** concurrently



Benzodiazepines and Opioids

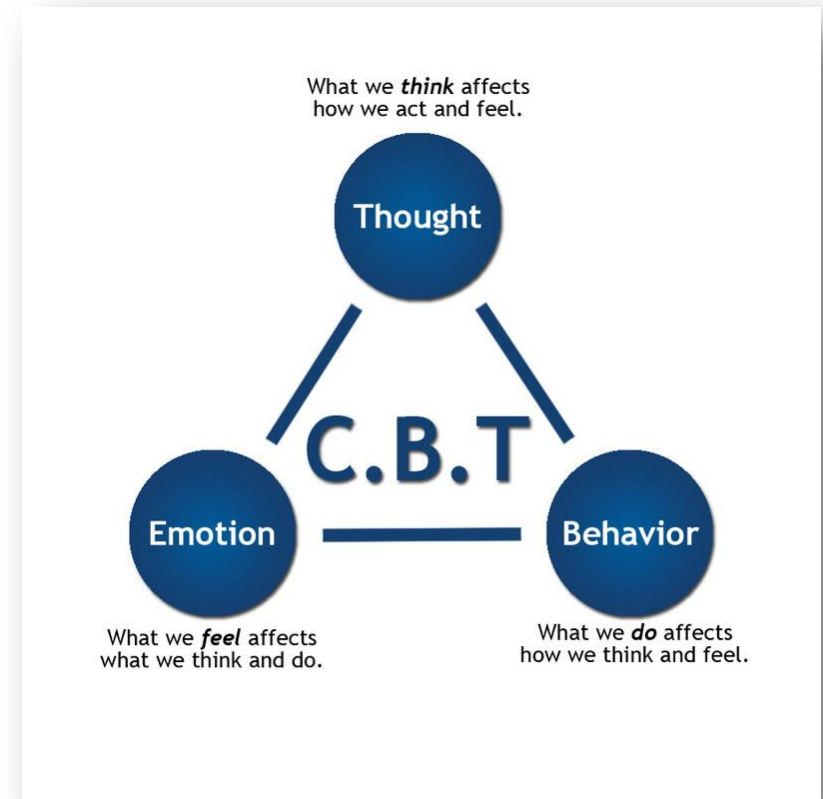


- Benzodiazepine and opioids have additive CNS depressant effects when prescribed together
- Over **50% of San Diegans who died** of prescription overdose **had this combination** on their 12 month CURES report before death
- Over 20% of San Diegans who died from an accidental prescription overdose had this combination in their autopsy toxicology report
- There is a movement to get a FDA black box warning for this combination
- The VA health system has nearly eliminated this combination in their patient population

Refer for Addiction Treatment

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- Providers should offer or arrange evidence-based treatment
- Usually medication-assisted treatment
- With buprenorphine or methadone
- In combination with **behavior therapies** for patients with opioid use disorder



Red Flag Medications



- **Xanax** (alprazolam) –Xanax is relatively contraindicated in Bipolar and Mania. The benefits of benzodiazepines peak at 4 – 10 weeks with limited effects after 4 months. We had 30 deaths with Xanax in 2014 and 55 in 2012
- **Ambien** (zolpidem) – Ambien is the #1 abused drug among physicians at the Betty Ford Center. Sleep aid medications are generally intended for short term use, not extended daily dependence. We lost 10 San Diegans to Ambien in 2014
- **Benadryl** (diphenhydramine) – Benadryl is over-the-counter, but has additive effects with other controlled medications. We had 6 deaths from Benadryl in 2014

Red Flag Medications



- **Soma** (carisoprodol) – Is off formulary at many health plans and is not sold in Europe. This “muscle relaxant” quickly metabolizes to meprobamate, a strong tranquilizer that has very addictive qualities. San Diego had 16 deaths from Soma in 2014
- **Ultram** (tramadol) – Tramadol is a synthetic opioid that can addiction and overdose potential just like any opioid. Preliminary data show that deaths per prescription for Tramadol may be higher than Hydrocodone. Tramadol 50 mg has more MME than Hydrocodone 5 mg. San Diego had 20 Tramadol deaths in 2014